



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY RESERVE COMMAND
1401 DESHLER STREET SW
FORT MCPHERSON, GA 30330-2000

REPLY TO
ATTENTION OF

AFRC-MD

17 February 2005

MEMORANDUM FOR US Army Reserve Medical Providers and Pregnant/Postpartum Soldiers

SUBJECT: US Army Pregnancy and Postpartum Physical Training (PPPT) Program Implementation

1. The US Army Pregnancy and Postpartum Physical Training (PPPT) Program's purpose is to help pregnant and postpartum Soldiers maintain fitness during pregnancy, prevent excess body fat gain, support healthy deliveries, and maximize a return to fitness after delivery.

a. The PPPT Program offers training materials that provide a safe, standardized physical training and education program for Army Reserve pregnant and postpartum military service members.

b. The PPPT Program improves female Soldiers' readiness with the least amount of impact on the mission of Army Reserve units.

c. Soldiers on a pregnancy-related profile should participate in the PPPT Program in lieu of organized unit PT programs.

2. Soldier responsibilities:

a. Provide required completed forms to the unit for completion of a DA Form 3349 (Enclosure 1) by a military health care provider through established profiling procedures. Those Soldiers requesting participation in the PPPT Program will submit the following documents to the profiling officer:

- PPPT Program Health Care Clearance Form (Enclosure 2)
- Soldier Intent to Participate/Material Request Form (Enclosure 3)
- DA 705, APFT Record, (to document last pre-pregnant scores for PPPT program evaluation purposes)

b. Share the PPPT Program materials with the civilian health care provider responsible for her prenatal care.

c. Forward any changes to her clearance for exercise to the military health care provider so that appropriate changes can be made to her DA Form 3349.

3. Military health care provider responsibilities:

a. Encourage Army Reserve Soldiers to use the PPPT Program materials.

b. Ensure that the Soldier's primary obstetrical health care provider has agreed, in writing, to the Soldier's participation in the PPPT Program.

AFRC-MD

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c. Complete DA Form 3349, Physical Profile, indicating the activities the Soldier is permitted to participate in, in accordance with the clearance given by the civilian obstetrical health care provider.

d. Provide copies of all required completed forms to the Soldier's unit and to the Regional Readiness Command (RRC) Surgeon's office. The RRC Surgeon offices have the primary responsibility for getting the PPPT program materials to the Soldier.

4. RRC Surgeon Responsibilities:

a. Supply samples of program materials as reference documents to the medical and command staff in their region. This reference material is not to be given to those pregnant or postpartum Soldiers that have not submitted the documents outlined in Paragraph 2a. An initial quantity of PPPT Program materials have been supplied to each RRC Surgeon's Office.

- CD-ROM contains the Reserve/National Guard/ Remote Soldier Workbook (TG 255F) and a series of health education presentations. The CD-ROM may be copied as needed.


- Set of videos – Pregnancy Physical Training for the Reserve/National Guard/Remote Soldier (TVT 8-457) and Postpartum Physical Training for the Reserve/National Guard/Remote Soldier (TVT 8-461). Copies of the video series may be ordered through JVISDA, Tobyhanna, PA; POC is Louise Rosciollo, 570-895-7937.

b. Upon receipt of required documentation (listed above) from the military health care provider, the RRC Surgeon's office will distribute CD-ROM and video series to the pregnant Army Reserve Soldier.

5. If you have any questions concerning the utilization of these materials, please contact the Nurse Staff Officer, Army Reserve Surgeon's office, at (404) 464-8203.

3 Encls

1. DA Form 3349, Feb 04
2. PPPT Program Health Care Medical Clearance Form
3. Soldier Intent to Participate/Materials Request Form



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Army Reserve Surgeon